

FFL THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

drb Ignite Spring/Summer Menu 2022 Beechwood Primary School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish 1	Cheese and Tomato Pizza Cheesy tomato topped pizza slice	Allegra BBQ Chicken Burger Corn and Pineapple Relish BBQ chicken breast burger with zingy corn relish	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Bacon All Day Breakfast	Battered Fish Fillet and Chips Crispy fish and scrummy chips
Alternative Dish 2	Vegetable Biryani	Allegra Broccoli and Cauliflower Cheese Pie	Vegetable Roast with Roast Potatoes and Gravy	Quorn Hot Dog with Potato Wedges	Quorn Dippers and Chips
Jacket Potato Dish 3	Jacket Potato with a choice of fillings inc Salmon Mayonnaise	Jacket Potato with a choice of fillings inc Salmon Mayonnaise	Jacket Potato with a choice of fillings inc Salmon Mayonnaise	Jacket Potato with a choice of fillings inc Salmon Mayonnaise	Jacket Potato with a choice of fillings inc Salmon Mayonnaise
Pasta Dish 4	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad
Vegetables	Peas and Carrots	Sweetcorn and Broccoli	Carrots and Broccoli	Carrots and Sweetcorn	Baked Beans and Peas
Desserts	Raspberry Ripple Ice-Cream	Orange Drizzle Cake	Shortbread Biscuit with Fruit Slices	Banana and Apricot Flapjack	Lemon Slice

SPRING/SUMMER 2022



AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD,
YOGHURT & FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

WEEK 2 MENU

drb Ignite Spring/Summer Menu 2022 Beechwood Primary School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish 1

Cheese and Tomato Pizza
Cheesy tomato topped pizza slice
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Chicken Tikka Masala
with Rice
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Roast Turkey with Roast Potatoes and Gravy
Succulent roast turkey with fluffy roasties and tasty gravy

Beef Lasagne

Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips

Alternative Dish 2

Veggie Bolognese
Penne pasta in a yummy tomato sauce
🍷 🌱 🍷

Vegetable Lasagne 🍷 🍷
with a Garlic & Herb Bread Wedge

Quorn Roast 🌱
with Roast Potatoes and Gravy
Quorn Roast with with fluffy roasties and tasty gravy

Vegetable and Potato Curry
Mild Chickpea and Potato Curry
Served with wholemeal rice
🌱 🍷 🍷

The Incredible Burger with Chips

Pasta Dish 3

Tomato Pasta
A delicious fresh, homemade tomato sauce with penne pasta

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Jacket Potato Dish 4

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With a choice of fillings

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Salads

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Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad
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Vegetables

Peas and Carrots

Sweetcorn and Broccoli

Carrots and Broccoli

Carrots and Sweetcorn

Baked Beans and Peas

Desserts

Flapjack with Fruit Slices 🍏

Peach Shortbread Pudding and Custard 🍏

Raspberry Yoghurt Cake

Fruity Chocolate Brownie

Vanilla Ice-Cream

SPRING/SUMMER 2022



AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

🌱 Vegetarian 🐟 Oily fish 🍷 Wholegrain 🍏 Fruity! 🍷 Nutritionist's Choice

WEEK 3 MENU

drb Ignite Spring/Summer Menu 2022 Beechwood Primary School



MONDAY



TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

Hot Main Dish 1

Cheese and Tomato Pizza  
Cheesy tomato topped pizza slice

Allegra Chilli Con Chicken and Sweet Potato Bake 
Baked wedges of sweet potato, topped with tomato chicken and tortilla crunchies



Roast Chicken with Roast Potatoes and Gravy
Succulent roast Chicken with fluffy roasties and tasty gravy

Beef Burrito 
A soft wrap filled with fresh beef and rice



Battered Fish Fillet and Chips
Crispy fish and scrummy chips

Alternative Dish 2

Veggie Sausage and Mash with Gravy  
Fluffy mash with veggie sausages and rich gravy

Veggie Balls in Tomato sauce  
Served with Pasta

Vegetable and Potato Pastry Slice with Roast Potatoes and Gravy
A chunky butternut squash and potato slice

Veggie Lasagne  
Delicious sheets of pasta layered with veggies and tomato sauce

Quorn Dippers and Chips 

Pasta Dish 3

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Vegetables

Peas and Carrots


Sweetcorn and Broccoli

Carrots and Broccoli

Carrots and Sweetcorn

Baked Beans and Peas

Desserts

Oatie Biscuit with Fruit Slices 

Orange Shortbread

Strawberry Ice Cream

Chocolate Sponge Cake

Banana and Apricot Flapjack

SPRING/SUMMER 2022



AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice